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MONTHLY

# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals and groups promoting nutrition education

January 1945

WAR FOOD ADMINISTRATION, Office of Distribution

Macaroni, spaghetti, and noodles are among the abundant foods in January, just in time to take the limelight as meat-extender and meat-alternate dishes.

Stretch the rationed meats by making frequent use of combinations of meat and other protein-rich foods with the universally popular paste products. Excellent combinations include:

Macaroni and Cheese loaf with tomato sauce.

Macaroni baked with cheese sauce.

Macaroni, tomatoes, onion, green pepper baked with bacon strips.

Macaroni with tomatoes, onion, and chopped smoked ham.

Italian spaghetti with meat balls.

Spaghetti casserole with shredded carrots, diced celery, green pepper, and cubed pork shoulder.

Spaghetti, tomato sauce, and ground Cheddar cheese.

Spaghetti, with meat sauce.

Noodles scalloped with diced chicken and mushrooms.

Noodles scalloped with diced celery and tuna fish.

Noodles baked with hard-cooked eggs and cheese sauce.

Boiled noodles with meat sauce.

Noodle ring filled with creamed chicken or veal.

Noodles baked with cheese sauce.

Believe it or not, it was the Chinese, not the Italians, who first used these foods. The Chinese later introduced them into Europe. The Italians popularized them by using them in many delicious ways, and Italian spaghetti and macaroni dishes are universally used and liked.

Spaghetti and macaroni are made from durum wheat, a hard wheat that has a high gluten content. The wheat meal, called semolina, is mixed with water and kneaded into a smooth, tough dough. The dough is forced under pressure through holes in a cylinder which shape it into the desired form. The same dough is used for a wide variety of paste products that range from long tubes of macaroni, or fine threads of vermicelli to macaroni alphabets and shells. Noodles differ from the macaroni pastes in that they are made of ordinary wheat flour and contain eggs. Making noodles is a household art practiced by many homemakers who gain fame for home-made noodle soup, chicken and noodles and other delicious dishes.



Italian-born housewives often make their own macaroni and spaghetti at home, drying the long stripes over rods hung in the kitchen. They take justifiable pride in the delicious dishes they prepare from these home-made products.

A typical Italian dinner is usually a well-planned, nutritious meal. Spaghetti with meat balls or meat sauce, cheese, crusty bread, a leafy green salad with olive oil dressing, fresh fruit and a beverage offers a well-balanced diet with vitamins, minerals, and protein.

Spaghetti, macaroni, and noodles are all soft in texture, bland in flavor, and colorless. It is well to remember that texture contrast adds zest to any meal. The tossed, green salad is a good addition to the spaghetti, macaroni, or noodle-dish dinner, not only because it is a contrast in texture but also because it adds color and piquant flavor to the meal.

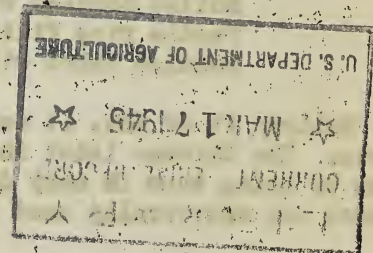
When macaroni, spaghetti, and noodles are used in hot dishes, they should be thoroughly cooked and well seasoned. Cook them in boiling water until tender -- the time will vary with the kind of paste from about 10 to 20 minutes. Drain the cooked product in a colander and rinse with boiling water to separate the pieces. Use in a casserole dish, or serve with a delicious sauce, Italian style. Serve the crisp, colorful salad or a fresh fruit salad for texture contrast and color. Or use sliced tomatoes, celery hearts, carrot sticks, raw turnip slices. When no meat is used in the mixture, a custard type of dessert will improve the nutritive value of the meal.

There's no reason why a meatless dinner should be a drab occasion when, with careful planning and forethought, it can be a feast. Be sure to remember to add color, flavor, and texture contrast when planning the meal.

#### Tomato-Meat Sauce

(From: Bureau of Human Nutrition and Home Economics; U. S. Department of Agriculture)

2 $\frac{1}{2}$  cups fresh or canned (No. 2 can) tomatoes  
 $\frac{1}{2}$  garlic clove  
1 bay leaf  
 $\frac{3}{4}$  pound ground beef  
 $\frac{1}{4}$  cup chopped onion  
 $\frac{1}{4}$  cup minced green pepper  
2 tablespoons fat  
2 tablespoons flour  
1 teaspoon sugar, if desired  
1 teaspoon salt  
Pepper



Cook together the tomatoes, garlic, and bay leaf -- about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Brown the beef, onion, and green pepper in the fat. Blend in the flour. Add cooled, sieved tomatoes, sugar (if used), salt, and pepper. Cook over low heat, stirring constantly, until thickened. Serve hot on cooked spaghetti, noodles, or rice.